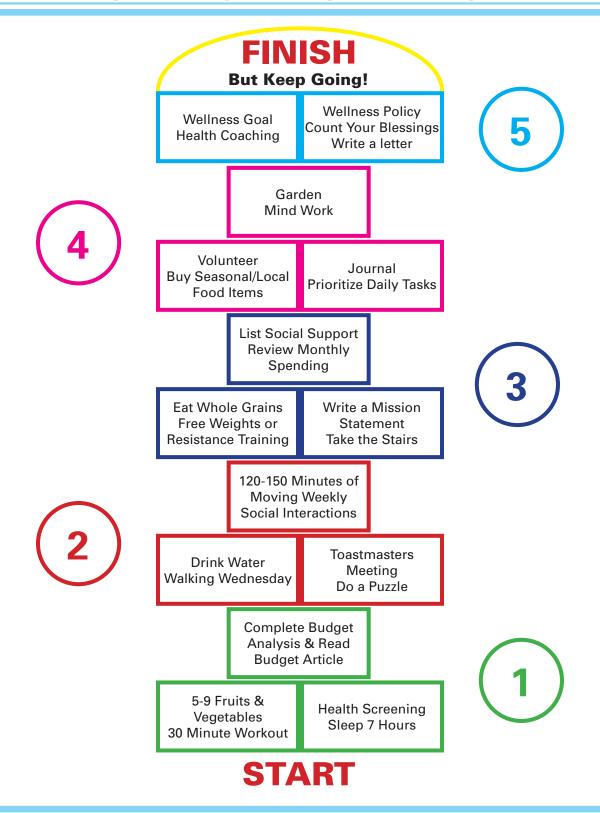
Hopscotch Wellness Challenge

Hopscotch your way to a new you!





Alternate Activity	Write a Letter	Submit Wellness Policy	Count Blessings	Health Coaching	Wellness Goal	Level 5	Complete Level 4	Mind Work	Garden	Buy Seasonal/Local	Prioritize Daily Tasks	Journal	Volunteer	Level 4	Complete Level 3	Review Monthly Spending	Social Support	Weight/Resist. Training	Mission Statement	Take Stairs	Eat Whole Grains	Level 3	Complete Level 2	Social Interaction	Crossword/Sudoku	ToastMaster	Walking Wednesday	Drink Water	120-150 Moving/Week	Level 2	Complete Level 1	Budget/Read	Sleep 7 Hours	Health Screening	30 Minutes Moving	5-9 Fruits & Veggies/day	Level 1	DATE
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Hopscotch Tracking Log: Name_

Bureau

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